

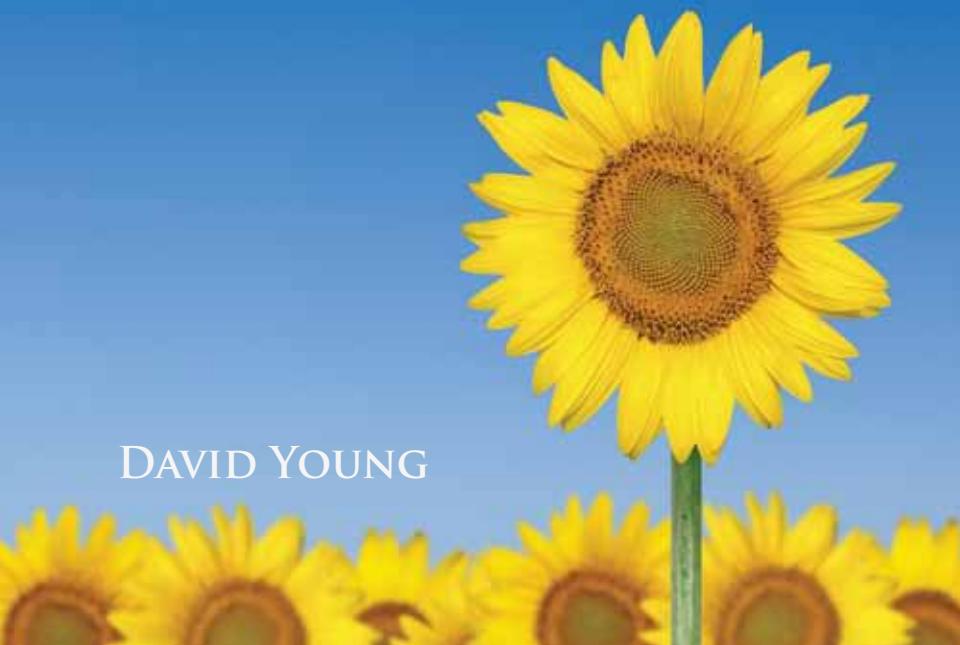
"Breakthrough Power will encourage and inspire readers."

— David Green, CEO and Founder, Hobby Lobby

BREAKTHROUGH POWER

A Daily Guide to an Extraordinary Life

DAVID YOUNG



BREAKTHROUGH POWER

A Daily Guide to an Extraordinary Life

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Wind Runner Press
Round Rock, Texas

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Breakthrough Power

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Dedication

To my mother, Mina, and the memory of my father, Dayton, who taught me the value of hard work. And to my wife, Christina, who showed me the power of love.

Introduction

Do you have a goal or dream that seems out of reach? Maybe it's a career goal, a dream of being financially secure or the desire to make a significant contribution to society. Did you try before but fall short? Perhaps you read a book that explained the keys to success, got excited about the possibilities, tried to make the suggested changes, but struggled and lost your enthusiasm a few months later. If so, you're not alone. The road to success is usually under construction. Bumpy roads, stop-and-go traffic and countless detours can wear you down and leave you confused about what to do next. You need more than a few tips on how to succeed; you also need motivation to push forward when success seems far away or impossible. *Breakthrough Power* provides both. It provides tools for building a successful and rewarding life and daily motivation to help you persevere until you achieve your dreams.

For each day of the year, *Breakthrough Power* provides four great quotes, usually from people known for their outstanding accomplishments. Their insights are based on years of experience. You can read all four quotes in one minute, so you can squeeze them in before you start your breakthrough day.

The first quote is humorous, which will put you in a good mood, ready to face life's challenges. The second one will help

you focus on the important things in life, such as developing integrity, building a strong family, making a difference in the lives of others, enjoying simple pleasures and finding time for renewal, all critical to laying an unshakeable foundation. The third quote will help you overcome the weaknesses and seemingly impossible circumstances that have held you back. And the fourth one will help you seize the summits. These will encourage you to dream big, set goals, develop effective plans of action, follow through with superior work and persevere, even after setbacks or failures. In short, *Breakthrough Power* will help you leave a legacy of greatness and enjoy the journey along the way.

Dusty roads lead to the most interesting places. Dust off your dreams and enjoy the journey.

Start with a smile

Never tell a woman that you didn't realize she was pregnant unless you're certain that she is.

— *Dave Barry*

Focus on what's important

Character may be manifested in the great moments, but it is made in the small ones.

— *Phillips Brooks*

Break the barriers

I would never have amounted to anything were it not for adversity. I was forced to come up the hard way.

— *J.C. Penney*

Seize the summits

You must have long-range goals to keep you from being frustrated by short-range failures.

— *Charles Noble*

❧ *January 2*

Start with a smile

I've decided to never sky dive. It would scare the heck out of my dog.

— *Gretchen Alexander, when asked if there is anything she wouldn't try as a blind woman*

Focus on what's important

When you're not thinking about yourself, you're usually happy.

— *Al Pacino*

Break the barriers

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful individuals with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.

— *Calvin Coolidge*

Seize the summits

Success is 99 percent failure.

— *Soichiro Honda*

Start with a smile

When a man says, “Honey, there are only two minutes left in the football game,” it is the same amount of time as when his wife says, “Honey, I’ll be ready in two minutes.”

— *Ann Landers*

Focus on what’s important

If a man is called to be a streetsweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great streetsweeper who did his job well.

— *Martin Luther King, Jr.*

Break the barriers

A man learns to skate by staggering about making a fool of himself; indeed, he progresses in all things by making a fool of himself.

— *George Bernard Shaw*

Seize the summits

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it.

— *Johann von Goethe*

❧ *January 4*

Start with a smile

The human brain starts working the moment you are born and never stops until you stand up to speak in public.

— *Sir George Jessel*

Focus on what's important

Everything has its wonders, even darkness and silence, and I learn whatever state I may be in, therein to be content.

— *Helen Keller*

Break the barriers

The more concerned we become over the things we can't control, the less we will do with the things we can control.

— *John Wooden*

Seize the summits

Character is the ability to carry out a good resolution long after the excitement of the moment has passed.

— *Cavett Robert*

Start with a smile

A word to new brides: if you want to be remembered forever, don't write a thank-you note for a wedding gift.

— *Edward Rankin, Jr.*

Focus on what's important

The friend who holds your hand and says the wrong thing is made of dearer stuff than the one who stays away.

— *Barbara Kingsolver*

Break the barriers

Be so good they can't ignore you.

— *Jerry Dunn*

Seize the summits

The key to successful time management is doing the most important task first, and giving it your full concentration, to the exclusion of everything else.

— *Alex MacKenzie*

❧ *January 6*

Start with a smile

Eloquence: The ability to describe Pamela Anderson without using one's hands.

— *Michael Harkness*

Focus on what's important

I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

— *Maya Angelou*

Break the barriers

Nurture your mind with great thoughts. To believe in the heroic makes heroes.

— *Benjamin Disraeli*

Seize the summits

All great and honorable actions are accompanied with great difficulties.

— *William Bradford*

Start with a smile

There are only two things that are really impossible: putting toothpaste back in the tube and getting off a mailing list.

— *Anonymous*

Focus on what's important

Look for ways to make your boss look good.

— *H. Jackson Brown, Jr.*

Break the barriers

What we learn to do, we learn by doing.

— *Aristotle*

Seize the summits

Set higher standards for your own performance than anyone around you, and it won't matter whether you have a tough boss or an easy one. It won't matter whether the competition is pushing you hard, because you'll be competing with yourself.

— *Rick Pitino*

❧ January 8

Start with a smile

Make money and the whole world will conspire to call you a gentleman.

— *Mark Twain*

Focus on what's important

It is necessary for me to be extremely frugal for some time, till I have paid what I owe.

— *Benjamin Franklin*

Break the barriers

To ease another's heartache is to forget one's own.

— *Abraham Lincoln*

Seize the summits

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music he hears, however measured or far away.

— *Henry David Thoreau*

Start with a smile

Leisure time is when your wife can't find you.

— *Anonymous*

Focus on what's important

The highest calling of a human being is unselfish love – to love without being loved back, without any self-interest.

— *Reinhold Niebuhr*

Break the barriers

Learning the truth about the value of relaxation and reflection didn't happen overnight, but I did learn. I've made the effort to take the frenzy and sense of emergency out of my daily life. I've made the effort to put playfulness, serenity and, dare I say, even laziness into my life. I consider the latter the most luxurious and definitely the most difficult.

— *Joan Lunden*

Seize the summits

Losing is a learning experience. It teaches you humility. It teaches you to work harder. It's also a powerful motivator.

— *Yogi Berra*

❧ *January 10*

Start with a smile

I bought a tube of Krazy Glue and the label fell off.

— *Jay Leno*

Focus on what's important

The more money you have, the more problems you have. I went from having no money to making comparatively a lot and all I've had are problems. Life was simpler when I had no money, when I just barely survived.

— *Madonna*

Break the barriers

He has power who can keep silent in an argument, even though he is right.

— *Leo Tolstoy*

Seize the summits

People who chase their dreams do what they love and they go for greatness. Those kinds of dreams, the dreams that fill their minds with purposeful energy, are the most potent source of motivation I know.

— *Dr. Bob Rotella*

Start with a smile

The supervisor is the leader of the herd. When he's happy, his employees are happy. When he's upset, his employees are upset. When he's on vacation . . .

— *Gene Perret*

Focus on what's important

The happiness of married life depends upon making small sacrifices with readiness and cheerfulness.

— *John Selden*

Break the barriers

You may succeed when others do not believe in you, but never when you do not believe in yourself.

— *Anonymous*

Seize the summits

I have never known a really successful man who deep in his heart did not understand the grind, the discipline it takes to win.

— *Vince Lombardi*

❧ *January 12*

Start with a smile

My dental hygienist is cute. Every time I visit, I eat a whole package of Oreo cookies while waiting in the lobby. Sometimes she has to cancel the rest of her afternoon appointments.

— *Steven Wright*

Focus on what's important

Quiet play can bring the child in you to the surface. I once saw an executive in the business-class section of an airplane pull a large coloring book from his briefcase and set to work. “My hobby,” he told me as I shot him a questioning glance. Try it. Buy a box of crayons – splurge on the super-duper box of 64 colors – and spend an hour coloring.

— *Thomas Kinkade*

Break the barriers

If you can't excel with talent, triumph with effort.

— *Dave Weinbaum*

Seize the summits

Nobody who ever gave his best regretted it.

— *George Halas*

Start with a smile

“Do you know someone perfect? Of course, not one of us does.”

But then a hand went up.

“Do you mean to say you know of someone perfect?”

“Yes, my wife’s first husband.”

— *Anonymous*

Focus on what’s important

If you can’t think of something nice to say, keep thinking.

— *Criswell Freeman*

Break the barriers

A strong body makes the mind strong.

— *Thomas Jefferson*

Seize the summits

No matter how small and unimportant what we are doing may seem, if we do it well, it may soon become the step that will lead us to better things.

— *Channing Pollock*

☞ *January 14*

Start with a smile

I want a man who is kind and understanding. Is that too much to ask of a millionaire?

— *Zsa Zsa Gabor*

Focus on what's important

Forgiveness does not change the past, but it does enlarge the future.

— *Paul Boese*

Break the barriers

The longer I live, the more beautiful life becomes.

— *Frank Lloyd Wright*

Seize the summits

A man watches his pear tree, day after day, impatient for the ripening of the fruit. Let him attempt to force the process, and he may spoil both fruit and tree. But let him patiently wait, and the ripe pear, at length, falls into his lap.

— *Abraham Lincoln*

Start with a smile

Thank heaven we don't get all the government we pay for.

— *Will Rogers*

Focus on what's important

Gratitude. More aware of what you have than what you don't. Recognizing the treasure in the simple – a child's hug, fertile soil, a golden sunset. Relishing in the comfort of the common – a warm bed, a hot meal, a clean shirt.

— *Max Lucado*

Break the barriers

If all misfortunes were laid in one common heap whence every-one must take an equal portion, most people would be contented to take their own and depart.

— *Socrates*

Seize the summits

Only those who risk going too far can possibly find out how far one can go.

— *T.S. Eliot*

❧ *January 16*

Start with a smile

A shortcut is the longest distance between two points.

— *Anonymous*

Focus on what's important

To have a passion for life is not only to wake up in the morning and hear birds singing, but it is taking the time to open the window to see where they are perched on the tree. That is one of the side benefits of passion. You pay attention to details. And it is the details that determine the quality of life.

— *Neil Simon*

Break the barriers

All I have seen teaches me to trust the Creator for all I have not seen.

— *Ralph Waldo Emerson*

Seize the summits

As for worrying about what other people might think – forget it. They aren't concerned about you. They're too busy worrying about what you and other people think of them.

— *Michael le Boeuf*

Start with a smile

Middle age is when your broad mind and narrow waist begin to change places.

— *E. Joseph Cossman*

Focus on what's important

What will your children remember? Moments spent listening, talking, playing and sharing together may be the most important times of all.

— *Gloria Gaither*

Break the barriers

Before a person can achieve the kind of life he wants, he must think, act, walk, talk and conduct himself in all of his affairs as would the person he wishes to become.

— *Zig Zigler*

Seize the summits

You must do the things today that others will not do so that you can have the things tomorrow that others will not have.

— *Anonymous*

❧ *January 18*

Start with a smile

Map: Handy schematic representation of all the various roads in the area which, unlike the one you are now on or are currently looking for, are large enough to be shown on a map.

— *Henry Beard and Roy McKie*

Focus on what's important

Humility is not thinking less of yourself; it is thinking of yourself less.

— *Rick Warren*

Break the barriers

The world hates change, yet it is the only thing that has brought progress.

— *Charles Kettering*

Seize the summits

When everybody tells you that you are being idealistic or impractical, consider the possibility that everybody could be wrong about what is right for you.

— *Gilbert Kaplan*

Start with a smile

Knowing all about baseball is just about as profitable as being a good whittler.

— *Kin Hubbard*

Focus on what's important

Making a decision usually means taking one of two roads. One is doing the right thing. To take the other road, you have to sit back and spin a story around the decision or action you are taking. If you find yourself thinking up an elaborate justification for what you are doing, you are not doing the right thing.

— *Wayne Sales*

Break the barriers

To acquire knowledge, one must study; but to acquire wisdom, one must observe.

— *Marilyn vos Savant*

Seize the summits

Careful planning helps us maintain a sense of perspective, purpose and ordered priorities.

— *Stephen Covey*

❧ *January 20*

Start with a smile

The key to success? Work hard, stay focused and marry a Kennedy.

— *Arnold Schwarzenegger*

Focus on what's important

Do not run after happiness, but seek to do good, and you will find that happiness will run after you.

— *James Clarke*

Break the barriers

The secret of survival is not simply enjoying life's joys and enduring its sorrows, it is in sharing both with others. We gain perspective by having somebody at our side. We gain objectivity. We gain courage in threatening situations. Having others near tempers our dogmatism and softens our intolerance. We gain another opinion.

— *Charles Swindoll*

Seize the summits

Stay committed to your decisions, but stay flexible in your approach. It's the end you're after.

— *Anthony Robbins*

January 21 ☞

Start with a smile

I got into an argument with my girlfriend inside a tent. A tent is not a good place for an argument. I tried to walk out on her and had to slam the flap.

— *Mitch Hedberg*

Focus on what's important

Hang out with people in the slow lane. Take the time to learn, make friends, appreciate things. The fast life is over quick.

— *Rudy Sanchez*

Break the barriers

The greater the difficulty, the more glory in surmounting it.

— *Epicurus*

Seize the summits

The moment you commit and quit holding back, all sorts of unforeseen incidents, meetings and material assistance will rise up to help you. The simple act of commitment is a powerful magnet for help.

— *Napoleon Hill*

☞ *January 22*

Start with a smile

You can quietly watch a game with your buddy for hours without ever thinking, “He’s mad at me.”

— *Anonymous, on why it’s great to be a man*

Focus on what’s important

No matter how horrible someone is, there is always something about them that is good. Your job is to find that good bit and highlight it, speak about it, draw attention to it.

— *Richard Templar*

Break the barriers

You can’t create the perception you are content with your knowledge base. Things are moving too quickly. You must do everything in your power to keep up. If you don’t, you are all but hanging a sign around your neck and labeling yourself as obsolete.

— *Rick Pitino*

Seize the summits

A hard beginning hath a good ending.

— *James Howell*

Start with a smile

Intuition: That strange instinct that tells a woman she is right, whether she is or not.

— *Anonymous*

Focus on what's important

Success is waking up in the morning and bounding out of bed because there's something out there that you love to do, that you believe in, that you're good at – something that's bigger than you are, and you can hardly wait to get at it again.

— *Whit Hobbs*

Break the barriers

Financial freedom comes to people who save ten percent or more of their income throughout their lifetime.

— *Brian Tracy*

Seize the summits

Decide that you want it more than you are afraid of it.

— *Bill Cosby*

☞ *January 24*

Start with a smile

Most people want to be delivered from temptation but would like it to keep in touch.

— *Robert Orben*

Focus on what's important

Bless those who persecute you; bless and do not curse.

— *Romans 12:14*

Break the barriers

If people knew how hard I worked to gain my mastery, it wouldn't seem so wonderful.

— *Michelangelo*

Seize the summits

After investigating a problem in all directions, ideas come unexpectedly, without effort, like an inspiration.

— *H.L. von Helmholtz*

Start with a smile

I never know what to get my father for his birthday. Once I gave him a hundred dollars and said, “Buy yourself something that will make your life easier.” So he went out and bought a present for my mother.

— *Rita Rudner*

Focus on what’s important

The less you talk, the more you’re listened to.

— *Abigail Van Buren*

Break the barriers

The iron crown of suffering precedes the golden crown of glory.

— *Anonymous*

Seize the summits

If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then you are an excellent leader.

— *Dolly Parton*

☞ *January 26*

Start with a smile

If you want to hear the whole truth about yourself, anger your neighbor.

— *Anonymous*

Focus on what's important

The New Testament is the best book the world has ever known or will know.

— *Charles Dickens*

Break the barriers

Courage means putting at risk your immediate self-interest for what you believe is right.

— *Derrick Bell*

Seize the summits

If you don't fail now and again, it's a sign you're playing it safe.

— *Woody Allen*

January 27 

Start with a smile

Like so many contemporary philosophers, he especially enjoyed giving helpful advice to people who were happier than he was.

— *Tom Lehrer*

Focus on what's important

I'd rather be a failure at something I love than a success at something I hate.

— *George Burns*

Break the barriers

To be prepared is half the victory.

— *Miguel de Cervantes*

Seize the summits

You have set yourself a difficult task, but you will succeed if you persevere.

— *Helen Keller*

☞ *January 28*

Start with a smile

When two people go to bed together at the same time, the one that snores will fall asleep first.

— *Laurence Peter*

Focus on what's important

I know of no great men except those who have rendered great service to the human race.

— *Voltaire*

Break the barriers

Every successful man I have heard of has done the best he could with conditions as he found them, and not waited until the next year for better.

— *Edgar Howe*

Seize the summits

We can learn from past failures and mistakes, but we shouldn't get stuck there. We can keep future goals in mind, but we shouldn't get stuck there, either. The only way to reach our potential is to focus on what we must do now – this moment, this day – to perform effectively and win.

— *Joe Torre*

Start with a smile

Accordion: A bagpipe with pleats.

— *Anonymous*

Focus on what's important

Never judge or underestimate people by their physical appearance. Successful people come in all weights, heights, shapes, sizes and colors.

— *Brian Koslow*

Break the barriers

Character – the willingness to accept responsibility for one's own life – is the source from which self-respect springs.

— *Joan Didion*

Seize the summits

Every memorable act in the world is a triumph of enthusiasm. Nothing great was ever achieved without it because it gives any challenge or any occupation, no matter how frightening or difficult, a new meaning. Without enthusiasm you are doomed to a life of mediocrity but with it you can accomplish miracles.

— *Og Mandion*

☞ *January 30*

Start with a smile

There is one thing more exasperating than a wife who can cook and won't, and that is the wife who can't cook and will.

— *Robert Frost*

Focus on what's important

No man ever yet became great by imitation.

— *Samuel Johnson*

Break the barriers

It is the studying that you do after your school days that really counts. Otherwise, you know only that which everyone else knows.

— *Henry Doherty*

Seize the summits

Satisfaction lies in the effort, not in the attainment. Full effort is full victory.

— *Mahatma Gandhi*

Start with a smile

The parable of the Good Samaritan for sociologists: A man was attacked and left bleeding in a ditch. Two sociologists passed by, and one said to the other, “We must find the man who did this – he needs help.”

— *Anonymous*

Focus on what’s important

Give not advice without being asked; and when desired, do it briefly.

— *George Washington*

Break the barriers

Self-esteem is like a difficult-to-cultivate flower. It requires frequent nurturing that occurs when you keep your word and follow through on your promises.

— *Derrick Bell*

Seize the summits

There’s no such thing as not enough time if you’re doing what you want to do.

— *Robert Half*

Dear Friend,

I hope you enjoyed the first 31 days of *Breakthrough Power*. If you'd like to read all 366 days, you can order either the paperback, the Kindle or the Nook edition at InsightsOnSuccess.com.

— David Young

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About the Author



David Young is a policy advisor to the governor of Texas. He received his Bachelor of Science in Business Administration degree, Summa Cum Laude, from the University of Arkansas and his Master of Business Administration degree from The University of Texas at Austin.

David grew up in Fort Smith, Arkansas. Both of his grandfathers were born before the Civil War. He and his wife, Christina, live in Round Rock, Texas. David has traveled extensively throughout the United States, Canada and Europe, and has visited South America, Asia and the Middle East.

Also by David Young

Breakthrough Power for Mothers

Breakthrough Power for Fathers

Breakthrough Power for Christians

Breakthrough Power for Leaders

Breakthrough Power for Athletes

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Great Funny Quotes

Rebound Strong

One minute can change a life. One life can change the world.

Do you see greatness in others, but not in yourself? If so, you can be great too – even if you are overwhelmed by weaknesses and difficult circumstances. But you need more than a book that explains the secrets to success; you also need daily motivation to apply them, especially when success seems far away or impossible. *Breakthrough Power* provides both.

Inside, people known for their outstanding accomplishments will help you:

- Build an unshakeable foundation
- Pursue and fulfill your dreams
- Impact others
- Improve your relationships
- Find time for renewal

Plus, you'll start each day with a humorous quote that will put you in a good mood, ready to face life's challenges. Each day's reading will take less than a minute, so you can squeeze it in before you start your breakthrough day.

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“This great little book stimulates your mind and gets you going for the whole day.”

— Brian Tracy, Author, *How the Best Leaders Lead*

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